October 8, 2026

Life Time Unveils Major Palm Beach Gardens Expansion with New Signature Pickleball Destination, CTR Studio and Expanded Exercise Floor

Expansion adds six pickleball courts in a new building, a dedicated 24-reformer CTR (Core Tone Reform) studio and more than 5,600 square feet of additional exercise-floor space

PALM BEACH GARDENS, Fla., Oct. 8, 2026 /PRNewswire/ -- Life Time (NYSE: LTH) is significantly expanding its athletic country club experience in Palm Beach Gardens with a new 20,500-square-foot pickleball destination, a 24-reformer studio for CTR — Life Time's high-energy, reformer-focused workout combining Pilates-inspired movement with athletic conditioning — and more than 5,600 square feet of additional exercise-floor space.

Located across the road from its existing 136,000-square-foot, four-story Palm Beach Gardens athletic country club, the new pickleball location provides members with six new courts designed for leagues, tournaments, events and open play. Within the existing club, Life Time has also launched 45 weekly CTR classes and is expanding its third-floor exercise area to 31,000 total square feet of functional space, meeting growing member demand for strength training and cardio equipment.

The investment reflects Life Time's broader commitment to continually evaluate and evolve its athletic country clubs based on member interests, engagement and use of its in-club programs and spaces. The new pickleball space and CTR studio are now open, while the expanded exercise floor is expected to open later this fall.

"Since opening in 2022, our members have shown tremendous enthusiasm for pickleball, our studio classes and our strength and cardio training spaces, and we've seen the need for more," said Susan Mistri, Senior Lead General of Life Time Palm Beach Gardens. "The new pickleball location and expansion in our current space will give our members more options to move and live a healthy, happy life."

Life Time Palm Beach Gardens already offers pickleball programming for a range of skill levels, including introductory instruction, open play, lessons, mixers, leagues and junior programming. The new Life Time Palm Beach Gardens pickleball destination also features lounge spaces for members to gather before and after play, a retail wall offering select athletic gear and sportswear, and a grab-and-go cooler with healthy food and beverages.

Life Time Palm Beach Gardens is part of EDENS' highly trafficked, 403,000-square-foot Downtown Palm Beach Gardens lifestyle center, a premier destination for shopping, dining and quality time with family and friends in Northern Palm Beach County. Beyond its fitness, studio programming and pickleball offerings, the athletic country club features a rooftop beach club and a Life Time Work club lounge.

For more information about Life Time, visit LifeTime.life, explore the Life Time Newsroom or follow LinkedIn, Facebook and Instagram, or download the complimentary Life Time App.

About Life Time
Life Time (NYSE: LTH) empowers people to live healthy, happy lives through its more than 195 athletic country clubs across the U.S. and Canada, the complimentary and comprehensive Life Time app featuring its L•AI•C™ AI-powered health companion, and more than 30 iconic athletic events. Serving people ages 90 days to 90+ years, the Life Time ecosystem uniquely delivers healthy living, healthy aging, and healthy entertainment experiences, a range of unique healthy way of life programs, highly trusted LTH nutritional supplements and more. Recognized as a Great Place to Work®, the company is committed to upholding an exceptional culture for its nearly 50,000 team members.



View original content to download multimedia: https://www.prnewswire.com/news-releases/life-time-unveils-major-palm-beach-gardens-expansion-with-new-signature-pickleball-destination-ctr-studio-and-expanded-exercise-floor-302903013.html

SOURCE Life Time, Inc.